

# Mrs. Sanchez's

## Weekly Newsletter

September 27-October 1, 2021

### Weekly Academics:

**Letter:** I

**Number:** 9

**Color:** White

**Shape:** Square

**Unit of Study:** Nutrition

**Bible Story:** Samuel Hears God Speak

**Big Idea:** God speaks to us!

**Sharetime:** Children may bring one item related to nutrition.

**Featured Composer:** Johann Strauss, Jr.



### **Home Enrichment Activities:**

- Have your child help you make a nutritious dinner for the whole family! Include all of the food groups in your meal. Ask your child for their ideas for dinner, and work from there.
- Involve your child in the process of packing their lunch for school. If your child does not stay at school for lunch, have them help you pack yourselves a lunch and go on a picnic!
- Read "The Very Hungry Caterpillar" with your child. Ask them open-ended questions (questions that have more than a yes or no answer) while you read together. For example: "What kind of food do you think the caterpillar will eat next?"
- Take your child grocery shopping with you. Point out foods that are in different food groups (dairy, protein, grains, etc.) and pick up something new to try with your child!
- Google instructions for how to make a "telephone" with two cans and a string and help your children create a "phone". After you and your child play with it for a while, ask your child to tell you about how God spoke to Samuel (this can be found in Samuel 3). Remind them that God speaks to us too!

**Harvest Party:** We will have a "Harvest Party" to celebrate harvest and the fall season on Friday, October 15<sup>th</sup>, during our morning snack time. Please use the sign-up on the window, if you wish to donate items. Thank you!

**Reminder:** The School will close early on Friday, October 1<sup>st</sup>, for a Teacher In-Service Day. We will be closing at 3:00 p.m., so please plan accordingly.



**Love in Christ,  
Mrs. Sanchez**